

An Introduction to Health Equity

Handout

Agreements for Courageous Conversations:

- Stay Engaged
- Experience Discomfort
- Speak Your Truth
- Expect/Accept Non-Closure
- What's Said Here Stays Here
- What's Learned Here Leaves Here

Model of agreements were adopted from and further developed by Courageous Conversation and the YWCA of Madison

Self-Reflection #1:

What factors shaped the health of you and your family, including your chosen family?
Pause and take time to reflect on this question. Give yourself space and grace.

Session Objectives:

- Establish an understanding of health, disparities, and educational equity.
- Identify key factors that shape childhood health development.
- Recognize the impact of health and educational equity on the students/communities we serve.

Key Terms:

Health -

A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. - World Health Organization (WHO)

Health Equity -

Everyone has a fair and just opportunity to be as healthy as possible. This requires moving obstacles to health such as poverty, discrimination, and their

consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care. - Robert Wood Johnson Foundation

Health Disparities -

Health differences that are avoidable, unnecessary, and unjust. - CDC

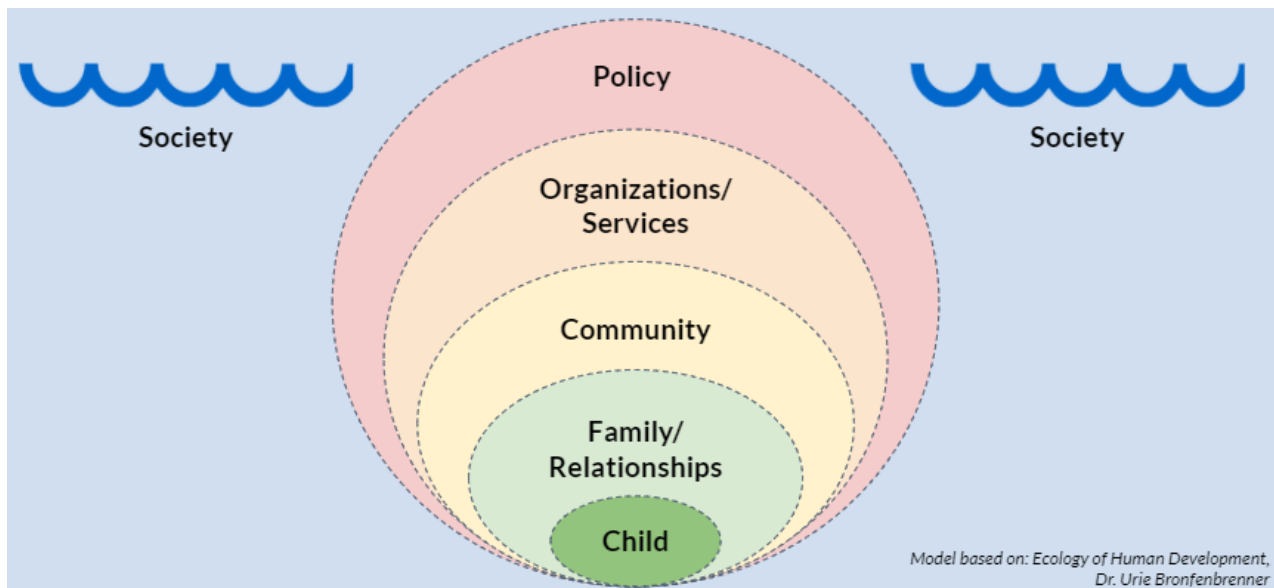
Social Determinants/Influencers of Health -

Conditions where people live, learn, work, and play that affect health. - Centers for Disease Control and Prevention (CDC)

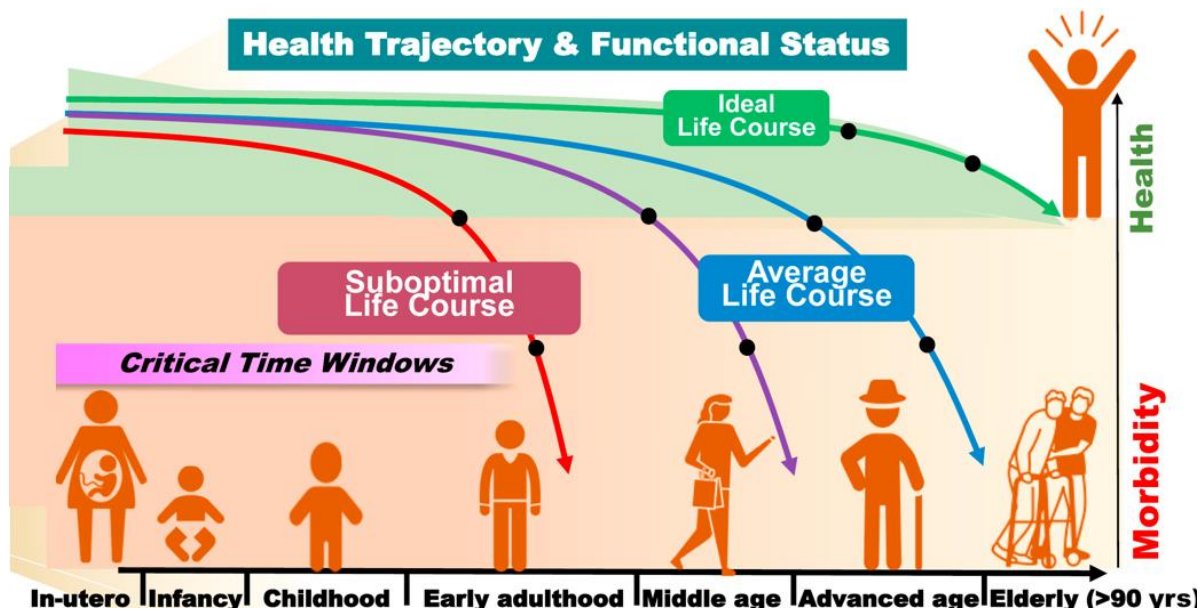
Educational Equity -

Every student has access to the educational resources and rigor they need at the right moment in their education, across race, gender, ethnicity, language, ability, sexual orientation, family background, and/or family income. - Aspen Education & Society Program and the Council of Chief State School Officers

Socio-Ecological Model -



Life Course Development Model -



Self-Reflection #2:

After hearing more information about health, the Socio-Ecological Model and the Life Course Model, reflect on your answer to our reflection question. **What factors shaped (and continue to shape) the health of you and your family, including your chosen family?**

Tie to Education:

Reverse Causality:

Think - Pair - Share: Discussion Questions

- Option 1: How does health equity show up in your work?
- Option 2: How can you make school a protective factor and reduce its effects as a risk factor in your role?
- Option 3: What will you take away from this session? What are you curious to learn next about this topic?